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**NUTRITION SERIES: A joint program with the Palo Alto JCC**

**Gluten Free, Yes or No? - by Chen Ben Asher.**

Wednesday, November 08, 2017 6:30P.M. - 8:30P.M. - Palo Alto JCC, Room G-100

Learn what gluten is, where it's found, what the difference is between **gluten sensitivity and gluten allergy**, what symptoms to look for, and what tests to seek from your doctor. Is it enough just to eliminate the gluten as part of the healing process.

**Chen Ben Asher**, is Board Certified in Holistic Nutrition® Consultant, M.A., C.G.P.I.T. Chen specializes in Women's Health, Metabolic Syndromes, Diabetic, Hormonal imbalances, and Weight Management. She is a public speaker, educator, clinician, author, and creator of "What if Gluten Free is Not Enough- The Weight Loss Connection", "Best Foods to Eat After Surgery", "How To Reduce High URIC ACID, Candida – Functional Nutritional Approach; Step by Step – How to take control of Candida" and more.

Please join us for important insights, useful demonstrations, and delicious food samples. The program is free for all Life Members. For more information please contact Sue Hartenbaum at [ShoshanaSue43@yahoo.com](mailto:ShoshanaSue43@yahoo.com) or 310/721-1562.

